

Indoor Aquatics at Hugh Smith Indoor Pool

Welcome to the Learn To Swim Program! The City of Arlington's Learn to Swim program offers prospective swimmers of all ages the opportunity to enjoy swim lessons on weekends and weeknights. Weekend classes are offered Saturdays and Sundays and last for eight weeks. Evening classes are offered Monday through Thursday for two weeks. Our Learn to Swim program includes parent/tot, preschool and Red Cross certified swimming classes. We also offer private lessons for all ages. For more information or to register for the City of Arlington's Learn to Swim program, please call Hugh Smith Indoor Pool at 817-275-0513.

Hugh Smith Indoor Pool 817-275-0513



No
disposable
diapers
please!

STARFISH

One parent or trusted adult along with the instructor teaches your child fun and fitness while learning water adjustment, games, songs, swimming skills and safety in and out of the pool. Child must wear swim diaper. Facility Card required for child.

Age: 6 mo – 3 yrs **\$64 / 8 Classes**
Sa Sep 29 10:00 am-10:25 am HSRC 74990

TIGERFISH

The Tigerfish class is the newest addition to the Learn to Swim Program. It is for 3 year olds who have never participated in swim lessons or are still timid in the water. We will focus on entering and exiting the water, blowing bubbles, submerging the face, floating and kicking. Facility Card required.

Age: 3 **\$64 / 8 Classes**
Sa Sep 29 10:30 am-10:55 am HSRC 74989
Su Sep 30 12:30 pm-12:55 pm HSRC 74773

CLOWNFISH

Children will build on the basics of swimming and safety learned in Tigerfish. They will learn basic arm actions, flutter kick, gliding and beginning diving. Facility Card required.

Age: 3 **\$64 / 8 Classes**
Su Sep 30 1:00 pm- 1:25 pm HSRC 74823

BLOWFISH

Prerequisite: None. This class is designed for our more timid preschool swimmers who have never participated in swim lessons and do not possess a high comfort level in the water. This class will focus on helping your child establish independence in the water while beginning to build a basic foundation for swimming skills. Class size is limited to four students to allow individualized instruction. Facility Card required.

Age: 4-5 **\$64 / 8 Classes**
Sa Sep 29 11:00 am-11:25 am HSRC 74988
Su Sep 30 1:30 pm- 1:55 pm HSRC 74873

BRONZE FISH

Prerequisite: Successful completion of Blowfish or the ability to completely submerge for 5-10 seconds and float independently on stomach for 5-10 seconds and back for 5-10 seconds. This class is designed for the preschool swimmer who has had prior experience in the water and can fully submerge and float independently on stomach and back. Class size is limited to four students to allow individualized instruction. Facility Card required.

Age: 4-5 **\$64 / 8 Classes**
Sa Sep 29 12:00 pm-12:45 pm HSRC 74984
Sa Sep 29 10:00 am-10:45 am HSRC 74991
Su Sep 30 2:00 pm- 2:45 pm HSRC 74923

SILVER FISH

Prerequisite: Successful completion of Bronze Fish or the ability to propel through water with coordinated kicking and arm actions, holding breath for 5-10 seconds and unassisted water entries and exits. This class is designed for the more advanced preschool swimmers who can propel themselves two body lengths in the water without assistance. Class size is limited to four students to allow individualized instruction. Facility Card required.

Age: 4-5 **\$64 / 8 Classes**
Sa Sep 29 9:00 am- 9:45 am HSRC 74992



Hugh Smith Indoor Pool
817-275-0513

LEVEL 1: WATER EXPLORATION

Prerequisite: None. Students will be taught beginning skills such as fully submerging face in water, supported float on front and back, experiencing buoyancy, moving comfortably through water and entering and exiting water independently. This is an excellent class for those who have had little exposure to the water.

<u>Age: 6-12</u> <u>\$58 / 8 Classes</u>			
Sa	Sep 29	9:00 am- 9:45 am	HSRC 74973
Sa	Sep 29	11:00 am-11:45 am	HSRC 74974
Su	Sep 30	12:00 pm-12:45 pm	HSRC 74924
Su	Sep 30	1:00 pm- 1:45 pm	HSRC 74925
M-Th	Sep 10	8:00 pm- 8:45 pm	HSRC 74993
M-Th	Nov 5	8:00 pm- 8:45 pm	HSRC 74994
M-Th	Dec 3	8:00 pm- 8:45 pm	HSRC 74995

LEVEL 2: PRIMARY SKILLS

Prerequisite: Level 1 completion or demonstrated competency in Level 1 skills. Students will retrieve objects under water, demonstrate unsupported float, perform flutter kicks, rhythmic breathing and become familiar with rescue breathing.

<u>Age: 6-12</u> <u>\$58 / 8 Classes</u>			
Sa	Sep 29	10:00 am-10:45 am	HSRC 74977
Sa	Sep 29	12:00 pm-12:45 pm	HSRC 74978
Su	Sep 30	1:00 pm- 1:45 pm	HSRC 74975
Su	Sep 30	2:00 pm- 2:45 pm	HSRC 74976
M-Th	Sep 10	8:00 pm- 8:45 pm	HSRC 74996
M-Th	Oct 8	8:00 pm- 8:45 pm	HSRC 75000
M-Th	Dec 3	8:00 pm- 8:45 pm	HSRC 74997

LEVEL 3: STROKE READINESS

Prerequisite: Level 2 completion or demonstrated competency in Level 2 skills. Students will learn bobbing, beginning diving, gliding, front/back crawl, elementary backstroke, treading water, reverse swimming direction, H.E.L.P. and huddle positions and rescue breathing.

<u>Age: 6-12</u> <u>\$58 / 8 Classes</u>			
Sa	Sep 29	9:00 am- 9:50 am	HSRC 74980
Sa	Sep 29	12:00 pm-12:50 pm	HSRC 74981
Su	Sep 30	12:00 pm-12:50 pm	HSRC 74979
M-Th	Oct 8	8:00 pm- 8:50 pm	HSRC 74999
M-Th	Nov 5	8:00 pm- 8:50 pm	HSRC 74998

LEVEL 4: STROKE DEVELOPMENT

Prerequisite: Level 3 completion or demonstrated competency in Level 3 skills. Students will learn deep water bobbing, rotary breathing, diving, endurance building, backstroke, front & back crawl at increased distances, breaststroke, side stroke, turns, alternate kicks, rescue breathing, CPR familiarity, etc.

<u>Age: 6-12</u> <u>\$56 / 8 Classes</u>			
Sa	Sep 29	11:00 am-11:50 am	HSRC 74983
Su	Sep 30	2:00 pm- 2:50 pm	HSRC 74982

PRIVATE LESSONS

One-on-one instruction provides the fastest progress possible due to students having the instructor's undivided attention and individual lessons planned to meet their needs.

<u>Age: All</u> <u>\$60 / 4 Classes</u>			
Sa	Sep 29	11:30 am-11:55 am	HSRC 74985
Su	Sep 30	12:00 pm-12:25 pm	HSRC 74723
Sa	Oct 27	11:30 am-11:55 am	HSRC 74987
Su	Oct 28	12:00 pm-12:25 pm	HSRC 74986



Come Party With Us!

Hugh Smith Indoor Pool is available to be rented for your next birthday party or special event!

We provide lifeguards for all rentals.
Standard rentals are \$135 for two hours and up to 40 people.
Rentals must be made seven days in advance.
Additional charges apply for extra people and pool time.
Please call 817-275-0513 for details.

BEGINNING SWIMMING ADULT

Beginner level class introduces crawl stroke, gliding, kicks, deep water swimming and survival floating.

<u>Age: 18 and up</u> <u>\$52 / 8 Classes</u>			
M-Th	Sep 10	9:00 pm- 9:50 pm	HSRC 77373
M-Th	Dec 3	9:00 pm- 9:50 pm	HSRC 77374

LIFEGUARD TRAINING CLASS

Prerequisites: Must be at least 15 years old to enroll in this class and able to swim a total of 300 yards demonstrating front crawl and breaststroke. Must be able to swim 20 yards, submerge and retrieve a 10 lb. object, then return to the surface and swim 20 yards back in one minute, 40 seconds. Candidates successfully completing the class will be certified in Lifeguarding, Standard First Aid and CPR for the Professional Rescuer.

Learning Objectives: Recognize specific behaviors of distressed swimmers and active/passive drowning victims. Learn to act promptly and appropriately to aquatic emergencies and learn to provide first aid and CPR for the professional rescuer.

Fee: \$190

Dates: TBA



Did you know.... The original Helen Wessler Pool was built in 1959 and Woodland West Pool was built in 1970.

Hugh Smith Indoor Pool

Hugh Smith Indoor Pool
817-275-0513

Indoor Pool Swim Hours

DAY	OPEN SWIM	LAP SWIM
Mon	*10-11:30 am	11:30 am-12:15 pm, 6-7 pm
Tues	*10-11:30 am, 12:30-3 pm	11:30 am-12:30 pm
Wed	*10-11:30 am	11:30 am-12:15 pm, 6-7 pm
Thurs	*10-11:30 am, 12:30-3 pm	11:30 am-12:30 pm
Fri	*10-11:30am, **6-8 pm	11:30 am-12:15 pm
Sat	1-5 pm	5-6pm
Sun	3-5 pm	

*Adults and preschoolers with parents only
**Family night swim \$2.50 per person



Daily Admission Fees

- Free for under 2
- \$3 ages 2-11
(Facility Card required)
- \$3.50 ages 12 & up
(Facility Card required)
- \$6 guests
(no Facility Card required)

Memberships

Annual Swim Pass

- \$90 ages 2-11
- \$100 ages 12-54
- \$85 ages 55 & up*
- Additional family members 20% off with a minimum purchase of two additional Annual Swim Passes

Monthly Swim Pass

- \$20 ages 2-11
- \$25 ages 12 & up

Pool/Weight Room Pass

- Single: Monthly \$34, Annual \$200
- Additional family members 20% off
(Facility Card required)

*Senior rates already discounted, therefore 20% off additional family member does not apply.
** Annual swim pass does not include admission to outdoor pools.

Family Night!

Friday nights at Hugh Smith Indoor Pool are Family Night Swim!
Start your weekend off right by spending a night at the pool with your family!
Everyone swims for \$2.50/person from 6-8 pm!

NEW

Open Swim Time
Tuesday and Thursday
12:30-3 pm



Water Aerobics Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 am	Aqua Exercise	Low Impact Aqua Exercise	Aqua Exercise	Low Impact Aqua Exercise	Aqua Exercise	Aqua Exercise
9:00 am	Aqua Exercise	Arthritis Aqua Exercise	Aqua Exercise	Arthritis Aqua Exercise	Aqua Exercise	
12:15 pm	Arthritis Aqua Exercise		Arthritis Aqua Exercise		Arthritis Aqua Exercise	
6:00 pm		Aqua Exercise		Aqua Exercise		
7:00 pm	Aqua Exercise	Deep Water Aqua Exercise	Aqua Exercise	Deep Water Aqua Exercise		



Water Aerobics

- **Aqua Exercise:** Non-swimmers welcome! Includes warm up, aerobics and cool down. Excellent for all skill levels, mild handicaps and weight problems.
- **Low Level Aqua Exercise:**
Non-swimmers welcome! Includes warm up, aerobics and cool down. Excellent for all skill levels, mild handicaps and weight problems.
- **Deep Water Aqua Vest Exercise:** Includes deep water warm-up, serious aerobics, walking, jogging and cool down. Moderate to strenuous workout. Flotation belt provided.
- **Arthritis Aqua Exercise:** Program developed using Arthritis Foundation guidelines designed to maintain and increase joint mobility and reduce pain. You'll enjoy the group camaraderie as you play games and relax in 86 degree water.



All aqua classes accept pre- and post-natal students.

Based on the American College of Obstetrics and Gynecologists guidelines. Inform your instructor at the first class whether you are pre- or post-natal. Physician's consent required. Guests welcome too!

Land & Water Fitness Membership

See page 8

WATER AEROBIC FEES

1 class.....	\$5
8 classes.....	\$30
12 classes.....	\$39
24 classes.....	\$69.60

\$45 monthly unlimited land and water aerobic membership - see page 8.

- Facility Card required.
- Memberships good for one year.
- Free babysitting available.

Babysitting Times and Guidelines

- Parents must be actively participating in a class or the weight room at Hugh Smith while their child is in our care.
- Children may not be left for more than one hour at a time.
- Childcare providers do not change diapers. Please make sure that your child has a clean diaper before dropping him or her off. If your child needs a diaper changed while you are working out, staff will come and get you to attend to your child.
- Please make sure that children are signed in and out of the childcare room.

M/W/F 8:15-10 am

M-Th 6-8 pm